

9 Principles of Effective Prevention

1 Comprehensive

Programming focuses on reaching across all levels: individual, relationships, community, and society

2 Varied Teaching Methods

Programming includes building participant skills, knowledge, awareness, and understanding



3 Sufficient Dosage

Programming is most effective when it is multi-session and over a long period of time

4 Theory Driven

Programming is grounded in research, accurate information, and best practice



5 Builds Positive Relationships

Programming promotes connection between adults and youth, and models healthy relationships

6 Appropriately Timed

Programming is age-appropriate, and begins early enough to have an impact on the behavioral development of participants

7 Socioculturally Relevant

Programming is tailored to the group's identity and cultural norms. Participants are involved in the program activities

8 Outcome Evaluation

Programming is based on goals and objectives; staff regularly document results and outcomes to adapt and grow program

9 Well-trained Staff

Programming is provided by staff that are sensitive, knowledgeable, supported, and believe in prevention

